

ADULT	ROTA	JULY	2019						
	TUES 2	THUR 4	TUES 9	THUR 11	TUES 16	THUR 18	TUES 23	THUR 25	TUES 30
6 min		Paul Gregg		Paul Gregg		Paul Gregg		Paul Gregg	
7 min		Paul Gregg		Paul Gregg		Paul Gregg		Paul Gregg	
7.5 min		Paul Gregg		Paul Gregg		Paul Gregg		Paul Gregg	
8 min									
8.5 min	Phil Pollard				Phil Pollard				
9 min	Vince Pitman	Mike Jones	Maggie Bunting	Jane Bremner	Vince Pitman	Mike Jones	Jane Bremner	Maggie Bunting	
9.5 min									
10 min			Sheila Newman	John Langhorn	John Smith			John Langhorn	
10.5 min	John Smith			Julia Mansell		Julia Mansell	Sheila Newman		
11 min									
PROG	TRAINING	GROUP PACE	TRAINING	GROUP PACE	TRAINING	GROUP PACE	TRAINING	GROUP PACE	TRAINING

